

# Light Green Belt

**Form Name: Won-Hyo** (*Pronounced: Won Hyo*)

Won-Hyo was the noted monk who introduced Buddhism to the Sila Dynasty in 686 A.D.

**28 Movements 2 Yells**

The light green belt represents a young plant. Like a plant, the student is starting to grow.

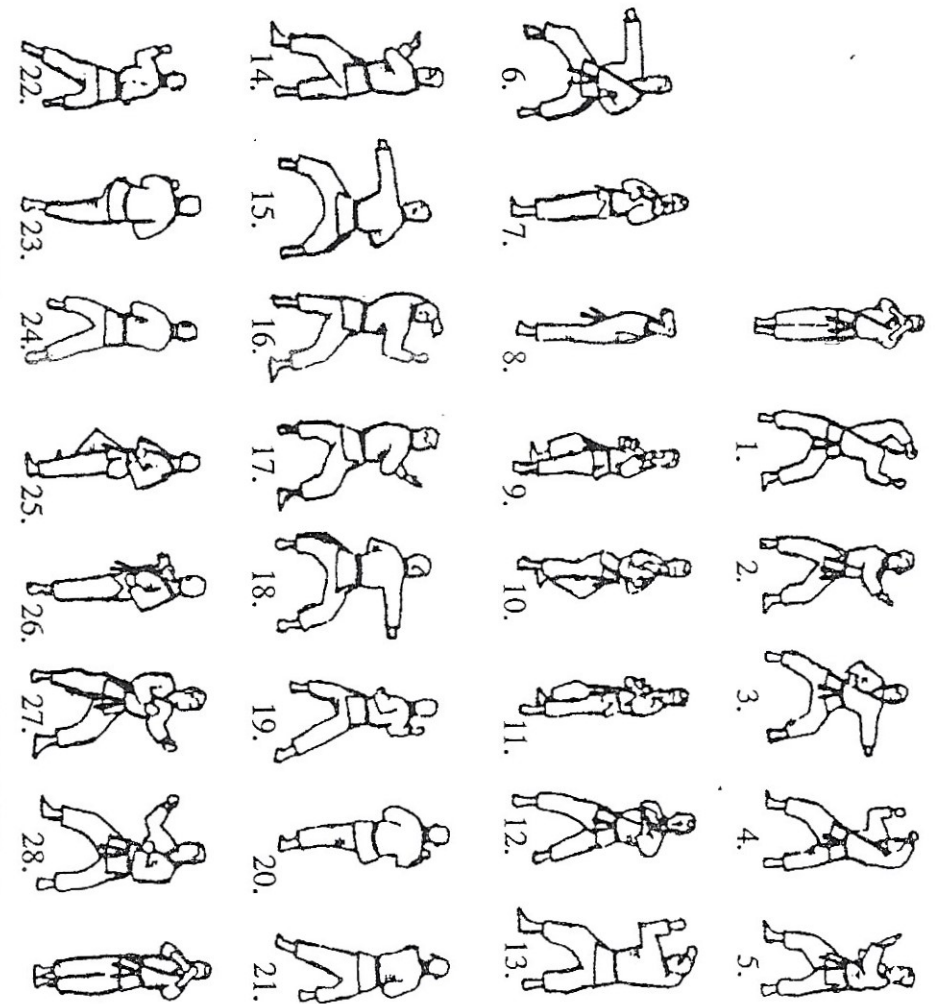
## ONE-STEPS

1. Left downward arm block. Right ridgehand strike. Right roundhouse kick. Left spinning crescent kick. Right roundhouse kick. Double outer forearm block.
2. Left side punch. Right punch, left punch, right punch. Right hand grab. Right round kick, right front kick, right round kick, double outer forearm block.
3. Right inner crescent kick. Left spinning side kick. Right high punch. Left high punch. Right jumping front kick. Double outer forearm block.

## FORM

### TECHNIQUE

- |  |               |
|--|---------------|
| 1. Left Square Block                         | Right Back    |
| 2. Right Upset Knifehand Strike              | Middle        |
| 3. Left Side Punch                           | Left Back     |
| 4. Right Square Block                        | Middle        |
| 5. Left Upset Knifehand Strike               | Closed Stance |
| 6. Right Side Punch                          |               |
| 7. L Double Outer Forearm Block              |               |
| 8. Left Side Kick                            | Right Back    |
| 9. Left Double Knifehand Block               | Left Back     |
| 10. Right Double Knifehand Block             | Right Back    |
| 11. Left Double Knifehand Block              | Right Front   |
| 12. Right Spearhand Strike ( <i>Kihap!</i> ) | Right Back    |
| 13. Left Square Block                        | Middle        |
| 14. Right Upset Knifehand Strike             | Left Back     |
| 15. Left Side Punch                          | Middle        |
| 16. Right Square Block                       | Left Back     |
| 17. Left Upset Knifehand Strike              | Middle        |
| 18. Right Side Punch                         | Left Front    |
| 19. Right Inner Forearm Block                | Right Front   |
| 20. Right Front Kick                         |               |
| 21. Left Middle Punch                        |               |
| 22. Left Inner Forearm Block                 |               |
| 23. Left Front Kick                          |               |
| 24. Right Middle Punch                       |               |
| 25. R Double Outer Forearm Block             |               |
| 26. Right Side Kick ( <i>Kihap!</i> )        |               |
| 27. L Double Outer Forearm Block             |               |
| 28. R Double Outer Forearm Block             |               |



**Bar-oh!** *Right foot steps back to ready position*